

WOMEN AND MENTAL HEALTH

A Select Bibliography

Compiled and Edited by
Bhargavi V. Davar

Anveshi

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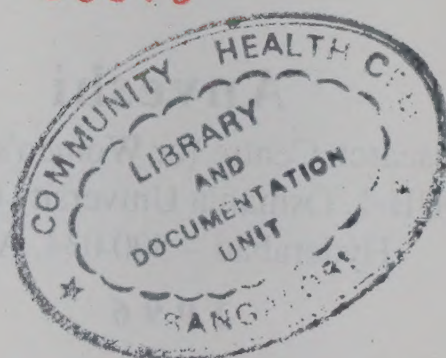
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Compiled and Edited by
Rajagopal V. Datta

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PREFACE

Over the last 20 years feminist activism in India has confronted institutions and other social and political structures which have a direct bearing on women's day to day lives, and in all probability play an important role in the mental well being of women. Activism was not limited to questions of overt physical violence, it addressed the subtle abuse and the control of women in the family, harrassment at the work place and in public spaces and marginalisation of women in apparently "objective" and "scientifically" structured institutions such as the class rooms, hospitals, courts etc. Feminist critique ruffled the suffocating calm of many entrenched structures. By discussing about the long hours of repetitive, unrecognised drudgery called housework with middle-class women, or the insidious influence of the media in producing the "desirable", "feminine" upper-class, upper-caste stereotypes, or the humiliating conditions of work in the dispersed small scale, self-employed sector, and employing poor women, feminist research, writing and protest have opened up almost every discipline for scrutiny. The smugness of many systems of knowledge have also been challenged. The impact of the movement can never be quantified, yet by upholding the complex nature of a "stable and cultured society", it helped feminists from varied backgrounds cope with a number of stressful conditions and major emotional breakdowns. Such activism also directed women's anger away from themselves and their bodies, and helped them retain some level of sanity.

Another important area of concern has been the question of women's health. It was discovered that common assumptions about the patient were that he or she has knowledge of scientific procedures, an independent income, assured family support

and care, ability to rest and use a complex system of referrals, hospitalization and expensive diagnostic procedures. Since women did not possess any of the prerequisites to access the facilities of the medical system, they ended up with either incomplete treatment or were dismissed with unnecessary pain killers, sleeping tablets, or multivitamin pills. Inability to keep up with the pace and cost of expensive medicines and investigations also ensured that most women patients were labelled "unreliable" "non compliant" or even "mentally unsound". It was apparent that the sickness industry was set up for the benefit of the upper class and invariably upper caste urban male.

Some members of the feminist movement persited in their attempt to get the health care system to respond to their illnesses. Others explored alternatives, like acupuncture, herbal medicines, homeopathy, or even changed doctors and threatened to set up their own clinics in an effort to get well. Simultaneously health books written by feminists goaded women to keep up the pressure on doctors, insist on a through examination, and treatment. Since over 70% of women suffered from problems like chronic fatigue due to anaemia, white discharge, heavy periods, painful intercourse, urinary tract infection etc., all amenable to treatment and cure, feminists demanded that the medical system act in a rational and responsible manner, and fought against any attempt to validate mental illness as a diagnostic category. Simultaneously feelings of hopelessness, and depression during pregnancy, childbirth, menopause, death or divorce were handled by informal support groups of feminist friends. There was a nagging fear that the health care system which was incapable of treatment of physical problems was unlikely to even understand mental stress. Though feminists recognised the need for mental health care, they were not prepared to be labelled mentally sick by a hostile medical system.

In the meantime feminist scholarship explored the impact of stress in the form of marriage, relationships, housework and the family in the etiology of mental breakdowns in women. The significant role of major historical developments on the mental illnesses in women have also been recorded. Protests of women unable to cope with the overbearing monotony of upper class existence in Europe during the nineteenth century, or the humiliation of being childless in certain societies in India or the stress of assembly line work in the electronic industry in South-East-Asia were usually presented in the forms of hysteria, possession or other forms of neurosis. Infact manifestations of mental illness in epidemic proportions surfaced at different times in history. Very often a whole generation of young women from a particular class or region were affected at a given time.

Members of friends of Anveshi have lived through these turbulent discussions and discoveries. But Bhargavi's work and persistence over the last 2-3 years has made it possible for Anveshi to engage with the complex questions of women and mental illness. The contributions of Susie, Lalitha, Vasantha, Vasudha, Usha, Shailaja, Rama, Jayashree, students of CIE and HCU and many many others has further enriched the debate. We do hope that this bibliography compiled and edited by Bhargavi will be a useful source for those interested in broadening the scope of women and mental health.

Anveshi gratefully acknowledge the support it has received from HIVOS (Humanistic Institute for Co-operation with Developing Countries, Netherlands) in the production of this work

Hyderabad
February, '96

Veena Shatrugna

INTRODUCTION

Scientific knowledge is power because powerful people use knowledge in interest-laden ways. The administrative and political processes of organizing a science for society is a key area for critical study, for this is where crucial value decisions are made. How humane a science is depends on what the organizers of that science value as favouring human life and well-being. What role a science is allowed to play in a society will depend on the human priorities, preferences, biases, political and administrative goals of those involved in its organization. As a widely used social practice, the mental health sciences are no exceptions to this.

Social practices have, upon repeated examinations, exhibited gendered rationalities that divide and hierarchize society to exclude women from obtaining social benefits, including health. It is a safe assumption that this would characterize the domain of mental health also.

In the West, the domain of mental health has been incorporated into the debates on women's development, women's health, as well as debates on human rights and gender justice. Thinking and research about women's minds, their psychological experiences, and the varieties of social inputs into the construction of these experiences, have gone on for at least a century, gaining critical momentum with the feminist movement. Special efforts to articulate women-sensitive approaches to mental well being, especially in the areas of different forms of violence and sexual abuse, marriage and motherhood, have gained importance. Theoretical understandings on the self and moral development of women, as well as empirical research on the bases of their psychological distress, notably major depression, have been well un-

der way. Policy and legislation relevant to women's mental health needs have evolved into a major thrust area for social action and reform.

In our country, even though scattered material is available in different sources, coherent thinking or planning for women's mental health is yet to be consolidated as an agenda. This bibliography is an attempt to bring together some of this material, with the hope that it will generate research, action and planning efforts. As a more careful analysis of some of this literature will show, we need not be smugly content with the opinion that all is well with the mental health of Indian women. Concerted critical attention, whether it be from the research perspective, or from the action or therapy perspective, or from the legislative and policy perspectives is required. This bibliography will hopefully aid in initiating some thought on these areas.

The bibliography is select, and partially annotated, covering a wide range of issues: feminist psychological theory; empirical research in women's psychology and psychological distress; helping women in mental distress; planning for women's mental health; issues in the sociology of mental health from women's perspective, such as using mental health services; social attitudes towards mentally ill women; problems of institutionalization and community care; issues of legislation relating to women's mental health. Some general reading introducing feminist thought on science and gender, as well as anti-psychiatry have also been included.

As such, the emphasis of the bibliography has been to highlight topics and issues in the inter-disciplinary area of feminist thought, psychology and psychiatry. Research material mainly from psychiatry and related mental health sciences have been compiled, though related psychological research, such as on gen-

der stereotyping or development have been underemphasized. This bibliography is not exhaustive, nor does it treat in full all the issues. Rather, the idea has been to highlight many classic and other important studies so that further interest can be developed and pursued. Thought and research in the last few years have been emphasized. Feminist thinking on the psychology of women and mental distress have been highlighted.

Not every entry has been annotated. Research articles with self-explanatory titles and papers that report empirical studies have not been annotated. When there is more than one entry from the same author, only one has been annotated. When there is more than one entry in a particular area, for example 'Psychology of Women', only some have been annotated. Entries on general reading, such as anti-psychiatry, have not been annotated.

The material presented here is mainly from the work I did for Anveshi on 'Women and Mental Health'. I must acknowledge with thanks, the many people and institutions who have helped me in the past three years of my involvement with this work. I am grateful to Anveshi, specially Veena and Lalitha, for their enduring support, both personal and material, for my work. I am also grateful to Prof. Srinivasa Murthy from NIMHANS, who has been another constant source of encouragement and practical help in many ways over the years.

I must thank the many libraries, and their often helpful librarians for making this work possible, notably: the libraries of National Institute of Mental Health and Neuro-Sciences, Bangalore; Tata Institute of Social Sciences, Bombay; National Institute of Mental Diseases, Hyderabad, and its friendly librarian, Mr. Khan; American Study Research Centre, Hyderabad; National Institute of Nutrition, Hyderabad; National Institute of Mentally Handicapped, Hyderabad; Schizophrenia Research Foundation,

Madras; SNDT Women's Research Centre, Bombay; and finally, the library of Anveshi, Hyderabad and my friend, Shailaja, from there.

Bharati, Jayashree, Vasantha and Anita, from Anveshi, have contributed entries to this bibliography, for which I am grateful. Anveshi is a second home for me because of other friends from there, notably, Shailaja, Vasudha, Sajaya and Usha, who have contributed to this work in more ways than can be listed.

Friends from Hivos, Shoba Raghuram and Rajendra Nathan, have helped plan this work better than I had originally conceived it. For this, I am grateful.

I am also grateful to Mr. Subbaiah and Mr. Murthy who gave us a nearly flawless production in record time.

5-2-96
Hyderabad

Bhargavi V. Davar

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SECTION I

FOR GENERAL READING

FEMINISM, PSYCHOLOGY, PSYCHIATRY AND PSYCHOANALYSIS.

Bailey, M.E. (1993) "Foucauldian Feminism: Contesting bodies, sexuality and identity". In *Up Against Foucault: Explorations of Some Tensions between Foucault and Feminism*. (ed.) C. Ramazanoglu. London: Routledge and Kegan Paul.

Bardwick, J.M.(1971) *Psychology of Women: A Study of Biocultural Conflicts*. London: Harper and Row.

The author starts with a justification for the study of the psychology of women as a separate discipline. The book covers a broad range of topics in an introductory and expository way: Images of women in history; theories of female development and personality; issues about achievement and motivation; biological influences on female behavior; female sexuality; lesbianism; minority identities and culture.

Benjamin, J. (1988) *The Bonds of Love: Psychoanalysis, Feminism and the Problem of Domination*. New York : Pantheon Books.

Bhate, K. et. al. (1987) *In Search of Our Bodies: A Feminist*

Look at Women, Health and Reproduction in India. Bombay: Shakti.

Bleier, R. (1988) *Science and Gender : A Critique of Biology and Its Theories on Women.* New York: Pergamon Press.

Ruth Bleier examines research in a number of areas, notably hormone studies, brain research, primate studies and argues for gender bias in the biological sciences.

Busfield, J. (1989) *Women and Mental Illness.* Macmillan.

Chesler, P. (1972) *Women and Madness.* New York : Doubleday.

One of the earliest books to be published on the subject, this work now has the status of a classic which brought forth important issues to think about.

Chesler, P. (1978) *About Men.* London : The Women's Press Ltd.

This work fills a lacuna in the feminist criticism of psychology/psychoanalysis, by providing a feminist analysis of male experiences of body and sexuality. It deals with "the psycho-sexual bases of male personality from different points of view: from a mytho-poetic point of view; from a visual point of view; from an autobiographical point of view; and finally, from a more traditional or psychoanalytic point of view".

Chodorow, N. (1978) *The Reproduction of Mothering : Psychoanalysis and the Sociology of Gender.* Berkeley: University of California press.

In this book, Chodorow “analyzes the reproduction of mothering as a central and constituting element in the social organization and reproduction of gender... I argue that the contemporary reproduction of mothering occurs through social structurally induced psychological processes. Women, as mothers, produce daughters with mothering capacities and the desire to mother. These capacities and needs are built into and grow out of the mother-daughter relationship itself. By contrast, women as mothers (and men as non-mothers) produce sons whose nurturant capacities and needs have been systematically curtailed and repressed”

Chodorow, N. J. (1994) *Femininities, Masculinities, Sexualities: Freud and Beyond*. Kentucky: University Press of Kentucky.

Cox, S. (1981) (ed.) *Female Psychology : The Emerging Self*. New York: St. Martin's Press.

Dan, A. J. (ed.) (1994) *Reframing Women's Health: Multi-Disciplinary Research and Practice*. New Delhi : Sage Publications.

Deutsch, H. (1925) *The Psychology of Women*. Vols. I and II. New York : Grune and Stratton.

Ehrenreich, B. and English, D. (1978) *For Her Own Good: 150 Years of the Experts' Advice to Women*. Anchor Books.

This book “is about the scientific answer to the woman question, as elaborated over the last hundred years by a new class of experts - physicians, psychologists, domestic scientists, child raising experts and about how these people passed judgement on social consequences of female anatomy and proceeded to prescribe

a natural 'life plan' for women". Particularly relevant in our context are the discussions on hysteria as well as on gynecology. The authors argue that noted practitioners, both male and female, used psychiatric labeling as a form of social control. Deviations from norms of femininity, and women's attitudes towards childbearing and other female functions were, according to the authors, evaluated for making psychiatric diagnoses.

Ernst, W. (1992) *Mad Tales of the Raj: The European Insane in British India 1800-1858*. The Wellcome Series in the History of Medicine. London: Routledge and Kegan Paul.

Foucault, M. (1965) *Madness and Civilization: A History of Insanity in the Age of Reason*. London : Tavistock/Routledge.

Foucault examines social constructions of Reason and irrationality, showing how different conceptions of rationality led societies to exclude their mentally ill. He writes of "the history of that other form of madness, by which men, in an act of sovereign reason, confine their neighbours, and communicate and recognize each other through the merciless language of non-madness...".

Foucault, M. (1990) *The History of Sexuality*. III Vols. (tr. R. Hurley). Penguin Books.

Fox Keller, E. (1985) *Reflections on Gender and Science*. New Haven: Yale University Press.

Freeman, L. and Strean, H.S. (1987) *Freud and Women*. New York: Continuum Publishing Company.

The book studies Freud's relationships with the women in his life, notably his wife and daughter; his women colleagues/friends and his female patients. The authors claim that "... Freud's feelings toward women were at times biased, distorted, and ambivalent - containing both love and hate. But because he was also a genius, he discovered dimensions of female psychology that are startling and unsurpassed".

Freud, S. "Three Essays on the Theory of Sexuality". In *Standard Edition of the Complete Psychological Works of Sigmund Freud*. XXII (tr. J. Strachey). London: Hogarth Press and the Institute of Psychoanalysis.

Gallop, J. (1982) *The Daughter's Seduction: Feminism and Psychoanalysis*. New York: Cornell University Press.

The book is "the continual working of a dialectical tension between 'psychoanalysis' and 'feminism'. The book claims to be psychoanalytic and feminist. The book begins by calling into question certain feminist assumptions through the agency of Lacanian psychoanalysis. It ends by calling into question certain psychoanalytic positions through the agency of feminist writing. The seduction that has taken place has been rather complex".

Gilligan, C. (1992) *In a Different Voice*. Cambridge: Harvard University Press.

Taking a critical view of well established psychological theories notably of Piaget and Kohlberg, Gilligan presents a study of gender difference in the moral development of boys and girls. "I report research in progress whose aim is to provide, in the field of human development, a clearer representation of women's de-

velopment which will enable psychologists and others to follow its course and understand some of the apparent puzzles it presents, especially those that pertain to women's identity formation and their moral development in adolescence and adulthood".

Gilligan, C., Ward, J.V. and McLean Taylor, J. (ed.) with Bardige, B. (1988) *Mapping the Moral Domain : A Contribution of Women's Thinking to Psychological Theory and Education*. Cambridge : Harvard University Press.

Gilligan, C., Lyons, N.P. and Hanmer, T.J., (1990) *Making Connections : The Relational Worlds of Adolescent Girls at Emma Willard School*. Cambridge : Harvard University Press.

Gilman, C.P. (1973) *The Yellow Wall Paper*. New York: Feminist Press. (Original 1899). Afterword by S.R. Hedges.

Charlotte Perkins narrates the inner experiences of a woman poignantly. She describes plainly how playing the role of a woman brings on a neurotic breakdown. The fact of having a loving and caring husband, which society assumes is enough for a woman, was not. It stifled her originality and creativity, her condition only worsening with rest and medical advice. The yellow wall paper becomes a symbol of the woman's captive soul. The process of psychological disintegration is described almost clinically.

Greenspan, M. (1983) *A New Approach to Women and Therapy*, New York : McGraw Hill..

Griffiths, M. (1988) "Feminism, Feelings and Philosophy". In M. Griffiths and M. Whitford (eds.) *Feminist Perspectives in Phi-*

losophy. U.K.: Macmillan Press.

Grimshaw, J. (1988) "Autonomy and Identity in Feminist Thinking". In M. Griffiths and M. Whitford (eds.) *Feminist Perspectives in Philosophy*. U.K. : Macmillan Press.

Grob, G.N. (1987) "The Forging of Mental Health Policy in America: World War II to New Frontier", *Journal of the History of Medicine and Allied Sciences*, 42 (4) pp.410-446.

Grob, G.N. (1991) "The Severely and Chronically Mentally Ill in America: Retrospect and Prospect", *Transactions and Studies of the College of Physicians of Philadelphia*, Ser. 5, 13 (4), pp. 337-362.

Grosz, E. (1990) *Jacques Lacan: A Feminist Introduction*. London : Routledge and Kegan Paul.

The author reexamines the semiotic interpretation of psychoanalysis by Lacan from the feminist perspective. She focuses on central concepts like the ego, sexuality, infantile sexuality and the unconscious, in order to "place psychoanalysis in the context of a history of misogyny where feminists may be able to subvert and/or harness strategically what is useful without being committed to its more problematic ontological, political, and moral commitments".

Hall, L.A. (1991) *Hidden Anxieties: Male Sexuality, 1890-1950*. Cambridge: Polity Press.

According to Hall, historical writing about sex in history, especially by feminists and gay thinkers assume that male sexuality

is unproblematic. "... Unexamined by this trend, and often assumed to be monolithic, unchanging, unproblematic, stands the 'normal' male. The implication tends to be that sexual discourses operated exclusively for his benefit and that there was no ambiguity or ambivalence in his position, no possible constraint upon him. He and his sexuality have not been accorded the attention given to attitudes of female sexuality and the construction of deviant identities, or to examining changing reproductive behavior within families". Hall's book aims to correct these lacunae in the history of ideas on gender.

Horney, K. (1946) *Our Inner Conflicts*. London: Kegan Paul, Trench, Trubner and company.

Hyam, R. (1990) *Empire and Sexuality: The British Experience*. Manchester, New York: Manchester University Press.

"I propose to try to show how sexual attitudes and activities influenced the lives of the imperial elite as well as the subjects of the empire. Also, and perhaps more significantly, I shall argue that sexual dynamics crucially underpinned the whole operation of British empire and Victorian expansion".

Irigaray, L. (1985) *This Sex Which is Not One*. Ithaca : Cornell University Press.

This collection of essays by Irigaray is a critique of orthodox psychoanalytic theory. One of the early essays in the volume. 'This sex which is not one', is a classic on the nature of female sexuality. Irigaray, questioning the male paradigm of sexuality that psychological theory offers, counters this paradigm by thinking about the female experience of sexuality. She argues that male

sexuality is 'one' (focussed, and goal oriented), and that the other sex, that which is 'not one', has a multiple and diffuse sense of sexuality. Contrary to the psychoanalytic view of the female body as a 'lack' or a 'deficiency', Irigaray claims it to be a fullness, even a surplus. Her other essays treat critical issues in psychoanalysis, its paradigms of sexuality, its understandings of female homosexuality, and so on.

Irigaray, L. (1985) *Speculum of the Other Woman*. (tr. G.C. Gill), Ithaca: Cornell University Press.

Jordanova, L. (1981) "Mental Illness, Mental Health". In *Cambridge Women's Studies Collective* (ed.) *Women in Society*, London: Virago.

Jung, C.G. *Aspects of the Feminine* (tr. R.F.C. Hull) New Jersey: Princeton University press.

This book by Jung is noted for its discussion on the Mother Archetype.

Kakar, S. (1982) *The Inner World: A Psychoanalytic Study of Childhood and Society in India*. New Delhi: Oxford University Press.

Kakar in attempting to provide the psychoanalytic rationality of growing up in India, provides only the psychological evolution of Hindu, upper caste, boyhood. His analysis of the symbolic or "primary process" life of Indian psyches is interesting. His work raises several problematic issues from the feminist perspective, notably, his uncritical acceptance of the classical freudian theory of instincts.

Kakar, S. (1989) *Intimate Relations - Exploring Indian Sexuality*. New Delhi: Penguin Books, Viking.

Kelman, H. (1967) (ed.) *Feminine Psychology*. New York: W.W. Norton.

Klein, V. (1989) *The Feminine character: History of an Ideology*. London: Routledge and Kegan Paul.

First published in 1946, this book is a classic. It "tries to contribute to the clarification of the idea of 'femininity'. Its object is to discover whether there are traits which can be called typically feminine, what these traits are, and whether they have always been regarded as characteristic of women". The author examines many theories of psychology, notably those of Havelock Ellis, Otto Weininger, S. Freud, Helen Thompson, Margaret Mead, etc. She also focuses on investigations in experimental psychology and psychometric tests not only to show how they enhance our understanding but also how they are often laden with assumptions about being female.

Kristeva, J. (1989) *Black Sun: Depression and Melancholia* (tr. L.S. Roudiez). New York: Columbia University Press.

Masson, J. (1988) *Against Therapy*. London: Collins.

Matlin, M.W. (ed.) (1987) *The Psychology of Women*. New York: Holt, Rinehart and Winston, Inc.

Miles, A. (1989) *Women and Mental Illness*. Wheatsheaf.

Miller, J.B. (1976) *Toward a New Psychology of Women*. Penguin Books.

Miller attempts to give an overall understanding of power within which a society nurtures attitudes and behaviors, and also makes exclusions. Power defines social expectations from different groups and classes, including women. Confronting the definitions of a society about women, and their psyches, are therefore important. Miller argues for the strengths of usually undervalued "feminine" traits such as caring, protectiveness, giving, etc.

Mitchell, J. (1974) *Psychoanalysis and Feminism*. London: Allen Lane.

Mitchell writes essentially in defense of Freud and against other feminist criticisms of Freud, such as by Millett, Freidan, Greer and others.

Mitchell, J. and Rose, J. (eds.) (1982) *Feminine Sexuality: Jacques Lacan and the école Freudienne*. (Tr. J. Rose) New York, London: W.W. Norton and Co.

Mort, F. (1987) *Dangerous Sexualities: Medico-moral Politics in England since 1830*. London: Routledge and Kegan Paul.

"This book is about unravelling the narratives which link our beliefs about health and disease to moral and immoral notions of sex. ... The book has a double axis. First, a detailed account of the relation between systems of medical knowledge and power. Second, an analysis of the way medical and other discourses have produced a distinct regime of sex, targeting sensitive or dangerous groups and generating forms of resistance".

Piaget, J. (1965) *The Moral Judgement of the Child* (tr. M. Gabain) New York : The Free Press.

Ravindran, K., (1992) "Towards a Feminist Psychoanalytic Paradigm", Special Issue on "Sexism in Research", *The Indian Journal of Social work*, LIII (3) pp.411-428.

Ray, R.K. (1995) *Mind, Body and Society : Life and Mentality in Colonial Bengal*. India : Oxford University Press.

Rosewater, L.B. and Walker, L.E.A., *Handbook of Feminist Therapy: Women's Issues in Psycho-therapy*. New York: Springer.

Rutherford, J. (1992) *Men's Silences: Predicaments in Masculinity*. London: Routledge and Kegan Paul.

The author attempts to reexamine the possibilities of masculinity in the context of contemporary feminist criticism. "My purpose in this book is to explore what constitutes men's silences and how they play a significant part in the formation of masculine identities". He focuses centrally on the mother-son relationship in explaining these silences.

Sagan, E. (1988) *Freud, Women and Morality : The Psychology of Good and Evil*. New York : Basic Works, Inc.

Sayers, J.(1986) *Sexual Contradictions: Psychology, Psychoanalysis, and Feminism*. London: Tavistock Publications.

"Consciousness of the contradictions in which women are placed by virtue of their sex is a precondition of feminism. In so far as psychoanalysis brings about such consciousness, it is therefore clearly relevant to the women's movement. On the other hand such consciousness does not of itself alter the social conditions

that produce it. It is here, as I shall point out in conclusion, that feminism takes off from psychoanalysis. Whereas psychoanalysis interprets our consciousness of the world, feminism seeks to change it”.

Smart, C. (ed.) (1992) *Regulating Womanhood: Historical Essays on Marriage, Motherhood and Sexuality*. London: Routledge and Kegan Paul.

Covering a wide range of issues, such as childhood sexual abuse, wife-battering, marriage and sexuality, citizenship, illegitimacy and unwed motherhood, and adultery, the author sees the book “in opposition to that project ... which seeks to depict women as the victims of patriarchy or patriarchy’s law. We do not therefore add documentation ... our intention is to acknowledge women as cultural agents...”, negotiating attitudes, law and policy. The book aims to “refine and develop feminist ‘legal’ scholarship”.

Strouse, J. (ed.) (1974) *Dialogues on Psychoanalytic Views of Femininity*. New York: Grossman Publishers.

This book is a collection of some classic psychoanalytic papers on femininity. The book offers both classical perspectives and feminist critical interpretations of these perspectives. The collection includes essays by Freud, Abraham, Deutsch, Horney, Jung, Bonaparte, and others, with feminists like Mitchell, Janeway, Kovel, Cavell, Coles and Gelpi providing alternative perceptions.

Tomaselli, S. and Porter, R. (1986) *Rape: An Historical and Social Enquiry*. Basil Blackwell.

The authors examine the significances of rape from different per-

spectives: value theory, psychoanalysis, law reform, motivations for rape, rape and power, the biology of rape, rape in different representations such as mythology, visual arts and popular culture.

Ussher, J. (1991) *Women's Madness*. Harvester Press.

Ussher's book tries to work the conflict between anti-psychiatric rejections of the science and the legitimacy of the science. Being quite recent, the work brings together a whole range of literature relevant to understanding the politics of gender in mental health care.

Vance, C.S. (ed.) (1989) *Pleasure and Danger: Exploring Female Sexuality*. London : Pandora Books.

Venkoba Rao, A. (1989) *Psychiatry in Old Age in India*. Madras: Mac Milan India Press.

A collection of surveys and studies about old age and mental illness in the country.

Vindhya, U. (1995) "From Equality to Autonomy: Feminist Politics and Psychoanalytic Development", *Psychology and Developing Societies*, 7 (1), pp. 65-78.

Weil, K. (1992) *Androgyny and the Denial of Difference*. London and Charlottesville: University Press of Virginia.

This is a book in feminist literary criticism, placing the notion of androgyny in the history of (Western) ideas. The book examines how power organizes the representations of the androgyne.

Wellson, E.V. (1992) "Equality is not Sameness: Psychoanalytic View of the Sexes", Special Issue on "Sexism in Research", *The Indian Journal of Social Work*, LIII (3) pp. 429-439.

Zanardi, C. (ed.) (1990) *Essential Papers on the Psychology of Women*. New York: University Press.

This collection of psychoanalytic essay covers wide ranging issues, including the oedipal complex, sexuality, guilt, morality, ego formation, masochism, etc. by well known writers like Gilligan, Irigaray, Dennerstein, Mitchell, Jacobson, and Klein.

SECTION II

REVIEWS OF LITERATURE

Ader, R. and Cohen, N. (1993) "Psychoneuroimmunology: Conditioning and Stress", *Annual Review of Psychology*, 44, pp. 53-85.

American Psychiatric Association (1987) *Diagnostic and Statistical Manual of Mental Disorders* (Third Edition - Revised). Washington: American Psychiatric Association.

Bacharch, L.L. and Nadelson, C.C. (eds.) (1988) *Treating Chronically Mentally Ill Women*. Washington: American Press, Inc..

This is a collection of essays on different aspects of chronic mental illness in women in the West. It treats issues like the prevalence of illness in women, homelessness in chronically mentally ill women, iatrogenically caused illness in women, social planning, etc.

Bargh, J.A. and Raymond, P. (1995) "The Naive Misuse of Power: Nonconscious Sources of Sexual Harrassment", *Journal of Social Issues* 51 (1) pp. 85-96.

A review compiling research on the relation between power and abuse of sexuality.

Barch, G., Beiner, L. and Barnett, R. (1987) "Women and Gender in Research on Work and Family Stress", *American Psychologist*, 42, pp. 130-136.

Bhattacharji, S. (1990) "Motherhood in Ancient India", *Economic and Political Weekly*, 25 (42-43) pp. WS-50-57.

Das, S. and Ghadially, R. (1988) "Parental Sex Role Orientation and Sex Stereotypes of Children". In Ghadially, R. (ed.) *Women in Indian Society: A Reader*. New Delhi : Sage Publications.

Davar, B.V. (1995) "Mental Illness among Indian Women", *Economic and Political Weekly*, XXX (45) pp. 2879-2886.

This article is an analysis of data available from community surveys in the country from the gender perspective. It extracts secondary data on the prevalence of mental illness among women, their proneness to certain types of disorders, notably depression, and the relation between prevalence of illness with other socio-demographic factors such as age, marital status, etc.

Davar, B.V. (1995) "Gender Politics in Mental Health Care in India", *Radical Journal of Health*, 1 (3), pp. 183-207.

Deaux, K. (1995) "How Basic Can You be? The Evolution of Research on Gender Stereotypes", *Journal of Social Issues*, 51 (1) pp. 11-20.

A review presenting research on gender stereotypes, importantly studies on the relationship between stereotyping and power. The author notes that sexual stereotyping emerges as the "most consistent" in a number of studies.

Dennerstein, L. (1995) "Mental Health, Work and Gender" *International Journal of Health Services*, 25 (3), pp. 503-509.

This article is a recent review of studies of the effect of paid employment on women's mental health in the U.S.A. and Australia, most of them showing positive influence. The study concludes: "There would appear to be sufficient evidence from research to date to encourage women to continue paid employment outside the home after marriage and childbearing ..."

Goldberg, D. and Huxley, P. (1992) *Common Mental Disorders*. London : Routledge and Kegan Paul.

Common mental disorders, such as major depression, somatization, hysterias, anxiety and phobias are very common among women. Research shows that some of these are consequent upon situational conflicts and social deficits, such as childhood sexual abuse, parental neglect, and so on. This review is a compilation of research on our understandings of the common mental disorders.

Guttentag, M., Salasin, S. and Belle, D. (eds.) (1980) *The Mental Health of Women*. New York : Academic Press, Inc.

This is an early review, which brought the focus of concerned planning bodies in the West to bear upon the domain of mental health of women.

Hanmer, J. and Maynard, M. (1987) (eds.) *Women, Violence and Social Control*. London: Macmillan Press Ltd.

Kapur, M. (1995) *Mental Health of Indian Children*. New Delhi: Sage Publications.

Kapur consolidates a wide ranging research base in developmental psychology, psychiatry and related sciences in order to provide an understanding of children's mental health. The book gives basic information on development, although it ignores gender related issues, such as the differential socialization of boys and girls and the effects this has on mental health.

Koss, M.P. (1990) "The Women's Mental Health Research Agenda: Violence Against Women", *American Psychologist*, 45, pp. 374-380.

Krishnaraj, M. (ed.) (1991) "Women and Violence: A Country Report". A study sponsored by UNESCO. Research Center for Women's Studies, SNDT Women's University, Bombay.

Lazarus, R.S. (1993) "From Psychological Stress to the Emotions: A History of Changing Outlooks", *Annual Review of Psychology*, 44, pp. 1-21.

Mane, P. and Gandevia, K.Y. (eds.) (1993) *Mental Health Issues in India: Issues and Concerns*. Bombay : TISS Publications.

This edited work gives an overview of the issues relevant to understanding and planning for mental health in India. There is a single article on the mental health of women, and this stresses only well known aspects of socialization rather than focussing directly on mental illness in women. The work tries to give background information about current mental health issues in the country.

Reynolds, C.F. and Kupfer, D.I. (1987) "Biological Theories of

Depression". In Channabasavanna, S.M. and Shah, S.A. (eds.) *Affective Disorders: Recent Research and Related Developments*. Proceedings of an Indo-U.S. Symposium held from 14-16 Nov. 1985 at NIMHANS, Bangalore. Bangalore: NIMHANS Publications.

Rutter, M. (1985) "Resilience in the Face of Adversity: Protective Factors and Resistance to Psychiatric Disorder", *British Journal of Psychiatry*, 147, pp. 598-611.

This review brings together research on some of the developmental determinants of mental illness.

Sastry, N. (1990) "Anxiety, Sex-role Orientation and Age: Married Women in Urban India", *The Indian Journal of Social Work*, LI, 4, pp. 659-668.

Sathyavathi, K. (1991) "Review of Research on Suicide in India and Suicide as a Family Crisis". In *Research on Families with Problems in India*, vols. II (ed.) Unit for Family Studies, TISS, Bombay: TISS Publications.

Shukla, G.D. (1992) "Adverse Effects of ECT". In *Proceedings of the National Workshop on ECT: Priorities for Research and Practice in India* (ed.) B.N. Gangadhar. Bangalore : NIMHANS Publication.

The collection of essays in which this paper figures brings together different perspectives on the debate regarding the use of ECT. This paper is a review of research on the adverse effects of ECT.

Srinivasa Murthy, R. and Burns, B. (1987) *Community Mental Health*. Proceedings of the Indo-US Symposium (eds.) Bangalore: NIMHANS publication.

The collection of essay highlights the essential components of the contemporary practice of community care and the problems of implementing it effectively abroad and in the country.

SECTION III

WOMEN AND RESEARCH ON MENTAL ILLNESS.

Aderibigbe, Y.A., Gureje, O. and Omigbodun, O. (1993) "Post-natal Emotional Disorders in Nigerian Women: A Study of Antecedents and Associations", *British Journal of Psychiatry*, 163, pp. 645-660.

Arber, S. (1991) "Class, Paid Employment and Family Roles: Making Sense of Structural Disadvantage, Gender and Health Status", *Social Science and Medicine*, 32, pp. 425-36.

Awaritefe, A. et. al. (1980) "Personality and Menstruation". *Psychosomatic Medicine*, 42, pp. 237-51.

Banerjee, G. et. al. (1990) "The Vulnerability of Indian Women to Suicide: A Field Study", *Indian Journal of Psychiatry*, 32 (4) pp. 305-308.

Beck, A.T. et. al. (1979) *Cognitive Therapy of Depression*. New York: Guilford Press.

Belle, D. (1990) "Poverty and Women's Mental Health", *American Psychologist*, 45, pp. 385-89.

Booth, A. and Amato, P.R. (1994) "Parental Gender Role Nontraditionalism and Offspring Outcomes", *Journal of Marriage and Family*, 56, pp. 865-877.

The study reports research on the anxiety that working women and gender equality in the household domain will have untold consequences upon children's upbringing and attitudes towards the family and relationships, concluding that non-traditionalism "does not enhance or decrease children's ability to form ties" with others, nor does it hinder an adult's capacity to form their own families or the satisfaction derived from relationships.

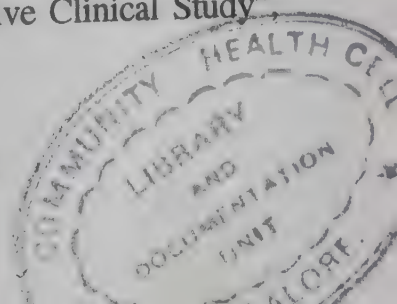
Brandon, S. (1992) "Depression After Childbirth", *British Medical Journal*, 284, pp. 613-614.

Brown, G.W. and Harris, T.O. (1978) *The Social Origins of Depression: A Study of Psychiatric Disorder in Women*. London: Tavistock.

This study aids in understanding the roots of major depression, a disorder very common among women. This work must be seen in the context of the large research base that Brown, Harris and others have built up on the subject. Their work is from the psychosocial perspective. Social distress, long term social or economic adversity, loss of parent coupled with neglect, role strain or role overload have been emphasized by these researchers in the aetiology of major depression. Reproduction related factors such as having more than 3 children below the age of 11 years, long term breast feeding, etc., have been emphasized in the causation of post-natal depression.

Brown, G.W. et. al. (1986) "Social Support, Self Esteem and Depression", *Psychological Medicine*, 16, pp. 813-831.

Brugha, T.S. et. al (1990) "Gender, Social Support and Recovery from Depressive Disorders: A Prospective Clinical Study",



Psychological Medicine, 20, pp. 147-156.

Carstairs, G.M. and Kapur, R.L. (1976) *The Great Universe of Kota: Stress, Change and Mental Disorder in an Indian Village*. London: Hogarth Press.

Community surveys like this one are useful because they usually give some information on gender and prevalence of mental illness. However, they are not specifically designed to study difference in gender in any focussed way.

Chadda, R.K., Bhatia, M.S. (1990) "A Clinical Study of Somatising Patients Attending Psychiatric Outpatient Clinic", *Indian Journal of Psychiatry*, 32 (1) pp. 39-43.

Chakraborty, A. (1990) *Social Stress and Mental Health: A Social-Psychiatric Field Study of Calcutta*. New Delhi: Sage Publications.

Chakraborty's study is recent and comprehensive. Even though it does not deal focussedly on the gender question, several women related issues, such as the effect of dependency on mental health, the mental health of women living alone, family structure and mental illness, and so on, have been dealt with critically.

Cos, J.L., Murray, D. and Chapman, G. (1993) "A Controlled Study of the Onset, Duration and Prevalence of Post-natal Depression", *British Journal of Psychiatry*, 163, pp. 27-31.

Dent, J. and Teasdale, J.D. (1988) "Negative Cognition and the Persistence of Depression", *Journal of Abnormal Psychology*, 97, pp. 29-34.

Dube, K.C., (1970) "A Study of Prevalence and Bio-Social Variables in Mental Illness in a Rural and an Urban Community in Uttar Pradesh", *Acta Psychiatrica Scandinavica*, 15, pp. 327-359.

A community survey.

Goldberg, D., Gask, L. and O' Dowd, T. (1989) "The Treatment of Somatisation: Teaching Techniques of Reattribution", *Journal of Psychosomatic Research*, 33, pp. 689-695.

Goldberg, D., et. al. (1990) "The Influence of Social Factors on Common Mental Disorders: Destabilisation and Restitution", *British Journal of Psychiatry*, 156, pp. 704-713.

Goodman, L.A. et. al (1993) "Male Violence Against Women", *American Psychologist*, 48 (10), pp. 1054-1058.

Gover, W.R. and Tudor, J.F. (1973) "Adult Sex Roles and Mental Illness", *American Journal of Sociology*, 78, pp. 812-835.

Gulati, L. (1992) "Dimensions of Female Aging and Widowhood: Insights from Kerala Experience", *Economic and Political Weekly*, 27, (43-44) October, 25-31, pp. WS-93-99.

Harris, T.O. (1988) "Psychosocial Vulnerability to Depression". In *Handbook of Social Psychiatry* (eds.) Henderson, S. and Burrows, G. Amsterdam : Elsevier.

Henderson, S., with Byrne, D.G. and Duncan-Jones, P. (1981) *Neurosis and the Social Environment*. Australia: Academic Press.

This study is designed as a psycho-social study of the effect of social bonding on the causation of neurosis. The study concludes that psychological factors are most significant in the causation of neurosis. From the feminist perspective, this conclusion is problematic because of the various methodological problems of the study, including problematic theoretical assumptions about the stability of personality over time and assumptions about women's "genetic" nature.

Hirschfeld, R. and Cross, C. (1982) "Epidemiology of Affective Disorders. Psychosocial Risk Factors", *Archives of General Psychiatry*, 3935, pp. 46-50.

Hoff, L. A. (1990) *Battered Women as Survivors*. London: Routledge and Kegan Paul.

The book is an interpretive analysis of how women survived the violent relationships, whatever their choice: to stay or to leave. The author studies the socio-cultural contexts within which such decisions are made: involving prevalent beliefs about women, family, marriage, etc.

ICMR and DST (1987) Report on Collaborative Study on Severe Mental Morbidity. New Delhi.

A community survey.

Ingham, J.G. et. al. (1987) "Self-appraisal, Anxiety and Depression in Women: A Prospective Enquiry", *British Journal of Psychiatry*, 150, pp. 643-651.

Kelly, L. (1988) *Surviving Sexual Violence*. Cambridge: Polity Press.

Khan, M.E. et. al (1991) "Inequalities between Men and Women in Nutrition and Family Welfare Services: An In-depth Inquiry in an Indian Village". In J.C. Caldwell and G. Santow (eds.) *Selected Readings in the Cultural, Social and Behavioral Determinants of Health*. Health Transition Center, Australian National University.

Kleinman, A.M. (1977) "Depression, Somatization and the 'New Cross-Cultural Psychiatry'", *Social Science and Medicine*, 11, pp. 3-10.

Arthur Kleinman is a favourite among researchers inclined towards cross-cultural studies. He is a vocal critic of mainstream Western psychiatry, analysing research in the domain to show its hidden cultural assumptions and offering methodological alternatives.

Malhotra, S. and Malhotra, A. (1985) "Culture - conflicts and Psychotherapy in Indian Children", *Indian Journal of Social Psychiatry*, 1 (1) pp. 48-53.

MacLeod, J.D. (1991) "Childhood Parental Loss and Adult Depression", *The Journal of Health and Social Behaviour*, 32 (3) pp. 205-220.

The paper notes that parental divorce is more strongly related to adult depression than parental loss alone, especially in the case of women. Also, "... intimate relationships are key in understanding the higher levels of depressed mood observed among women whose parents divorced".

Mullen, P.B. et. al (1993) "Childhood Sexual Abuse and Men-

tal Health in Adult Life", *British Journal of Psychiatry*, 163, pp. 721-732.

Nandi, D.N. et. al. (1975) "Psychiatric Disorders in a Rural Community in West Bengal: An Epidemiological Study", *Indian Journal of Psychiatry*, 17, pp. 87-99.

A community survey.

Pajer, K. (1995) "New Strategies in the Treatment of Depression in Women", *Journal of Clinical Psychology*, 56 (2), Supplement.

Parker, G. (1983) "Parental 'Affectionless Control' as an Antecedent to Adult Depression", *Archives of General Psychiatry*, 40, pp. 956-960.

Ponnudurai, R. et. al. (1981) "Hysteria: A Psycho-Demographic Study", *Indian Journal of Psychiatry*, 23 (2) pp. 139-141.

A community survey.

Raju, S.S., Kumaraswamy, N. and Mani, J. (1980) "Socio-Demographic Factors of Depressive Disorders in India", *Indian Journal of Psychiatry*, 22, pp. 356-361.

Resick, P.A. and Schnicke, M.K. (1993) *Cognitive Processing Therapy for Rape Victims: A Treatment Manual*. Sage Publications.

This study details the psychological consequences of rape, as

well as a cognitive approach to the treatment of rape victims. As such, the study is clinically oriented and will be of use to those working with victims.

Sandhya, (1994) *Widowhood: A Socio-Psychiatric Study*. New Delhi: Mohit Publications.

This book presents a review of studies on widowhood in India from the social psychiatric perspective. It not only reviews sociological studies highlighting the dismal social status of widows in the country, but also, psychiatric studies that directly research mental illness occurring with widowhood. The book itself is an empirical survey by the author on the social and mental health conditions of widowhood in different areas of Haryana.

Sethi, B.B. et. al (1974) "Mental Health and Urban Life: A Study of 850 Families", *British Journal of Psychiatry*, 124, pp. 243-246.

Sethi, B.B. Gupta, S.C., Raj Kumar and Promila Kumari, (1972) "A Psychiatric Survey of 500 Rural Families", *Indian Journal of Psychiatry*, 14, pp. 183-196.

A community survey.

Sethi, B.B. and Sharma, M. (1985) "Depressive Disorders in the Developing World", *Social Psychiatry*, 31, pp. 217-222.

Srinivasa Murthy, R., Ghose, A. and Varma, V.K. (1987) "Integration of Mental Health with Primary Health Care - Indian Experience". In *Community Mental Health*. Proceedings of the Indo-US Symposium, (eds.) R. Srinivasa Murthy and Barbara

J. Burns, Bangalore : NIMHANS Publication.

Thara, R. and Rajkumar, S. (1992) "Gender Difference in Schizophrenia: Results of a Follow-up Study from India", *Schizophrenia Research*, 7, pp. 65-70.

Tyrer, P., et. al (1988) "The Nottingham Study of Neurotic Disorder: Comparison of Drug and Psychological Treatments", *Lancet*, 11, pp. 235-250.

Tyrer's study on the comparative efficacy of drugs, and psychological treatments, such as behaviour and cognitive therapy, on neurotic disorders are important in showing mainly that all three are equally efficacious. This finding, repeated in other studies by him, seem to justify only a very conservative place for drug therapies in the case of these widely prevalent disorders, especially among women. In the light of this and other such studies, evaluations must be made, of the most judicious treatment options for women with common disorders.

Ulrich, H.E. (1987) "A Study of change and Depression among Havik Brahmin Women in a South Indian Village", *Culture, Medicine and Psychiatry*, 11, pp. 261-287.

Walker, E.A. et. al (1992) "Medical and Psychiatric Symptoms in Women with Childhood Sexual Abuse", *Psychosomatic Medicine*, 54, pp. 658-664.

The study reports the long term effects of childhood sexual abuse in 100 women, with the severely abused group showing greater life time risks for a diagnosis of major depression, panic disorder, phobia, somatisation disorder and drug abuse. The authors

place special emphasis on the need to thoroughly examine cases of unremitted pelvic pain presented in general physicians' clinics for childhood sex abuse.

Waxler, N.E. (1979) "Is Outcome for Schizophrenia Better in Nonindustrial Societies?: The Case of Sri Lanka", *The Journal of Nervous and Mental Disease*, 167 (3) pp. 144-158.

Weissman, M.M. and Paykel, E.S. (1974) *The Depressed Woman: A Study of Social Relationships*. Chicago: University of Chicago Press.

WHO Report (1993) "Psychosocial and Mental Health Aspects of Women's Health", Report by Linderstein, L., Astbury, J. and Morse, C., WHO, Geneva.

This review provides a recent compilation of research on disorders that women are prone to. The sections on reproduction and mental health are comprehensive.

SECTION IV

ETHNO-PSYCHIATRY.

Bartholomew, R.E., (1990) "Ethnocentricity and the Social Construction of 'Mass Hysteria'", *Culture, Medicine and Psychiatry*, 14, pp. 455-495.

Bartholomew provides a review of literature in ethno-psychiatry, processing this literature from the perspective of a 'cultural relativist'. He questions the dominant paradigm of pathologizing, as 'mass hysterias' or 'group madness', several cultural phenomena, including phantom pregnancy epidemics, spirit possessions, "mass deliberate husband poisonings", etc. Social explanations, on the other hand, see in these culture specific behaviors, an expression of savagery or primitiveness, an imperialist assumption. The author proposes a culture relevant understanding of these phenomena.

Bhattacharya, D.P. (1986) *Pagalami: Ethnopsychiatric Knowledge in Bengal*. Syracuse, New York : Syracuse University Press.

Castillo, R.J. (1994) "Spirit Possession in South Asia, Dissociation or Hysteria?", Parts I and II, In *Culture, Medicine and Psychiatry*, 18, pp. 1-21; 18, pp. 141-162.

Castillo, in two related papers, critiques the common explana-

tions of possession behaviour as hysteria, and as having its basis in the famous 'infantile sexuality' theory of Freud. From a generally transculturalist basis, he compares possession states with multiple personality disorder frequent in America. He postulates other depathologized ways of understanding the cognitive processes involved, namely, 'dissociation', instead of the classical 'repression' theory. The strongly social basis of these behaviours, especially their relation to sexual and other abuse, is implied and examined through this interpretation.

Kakar, S. (1982) *Shamans, Mystics and Doctors : A Psychological Inquiry into India and Its Healing Traditions*. India : Oxford University Press.

Ram, K. (1992) *Mukkuvar Women : Gender, Hegemony and Capitalist Transformation in a South Indian Fishing Community*. New Delhi : Kali for Women.

Satiya, D.C. et. al. (1982) "A study of Patients Attending Mehandipur Balaji Temple: Psychiatric and Psycho-dynamic Aspects", *Indian Journal of Psychiatry*, 24 (4) pp. 375-379.

Sharp, L.A. (1990) "Possessed and Dispossessed Youth: Spirit Possession of School Children in Northwest Madagascar", *Culture, Medicine and Psychiatry*, 14, pp. 339-364.

Skultans, V. (1991) "Women and Affliction in Maharashtra: A Hydraulic Model of Health and Illness", *Culture, Medicine and Psychiatry*, 15, pp. 321-359.

Skultans explains her 'hydraulic model of illness' which treats

access to health and indigenous understanding of illness in terms of the hierarchical status of the sufferer. Her study, based in a healing temple in Maharashtra, focuses on trancing behaviour, and the explanation, course and "treatment" of these behaviours by the community depending on the sex of the trancer. Skultans' study argues that the low social status of women, the moral basis of their lives, their precarious belonging in their husband's family, all contribute to the community's approach towards mentally ill women and their trancing behaviour.

SECTION V

SOCIOLOGY OF MENTAL HEALTH AND WOMEN: ATTITUDES, POLICY, LAW.

Agarwal, A.K. (1990) "ECT: A Need for Reappraisal", *Indian Journal of Psychiatry*, 13, pp. 185-193.

In the editorial, Agarwal points out the lacunae existing in the safe administration of ECT abroad as well as in the country.

Billingsley, D. (1977) "Sex Bias in Psychotherapy: an Examination of the Effects of Clients' Sex, Clinical Pathology and Therapist Sex on Treatment Planning", *Journal of Consulting and Clinical Psychology*, 45, pp. 250-256.

Boral, G., Bagchi, R. and Nandi, D.N. (1980) "An Opinion Survey about the Cause and Treatment of Mental Illness and the Social Acceptance of the Mentally Ill patients", *Indian Journal of Psychiatry*, 22 (3) pp. 235-238.

Bordo, S. (1988) "Anorexia Nervosa: Psychopathology as the Crystallization of Culture". In I. Diamond and L. Quinby (eds.) *Feminism and Foucault: Reflections on Resistance*. Boston: Northeastern University Press.

Broverman, I.K., Broverman, D.M. and Clarkson, F.E. (1970) "Sex-role Stereotypes and Clinical Judgements of Men-

tal Health", *Journal of Consulting and Clinical Psychology*, 34, (1), pp. 1-7.

This study claims that professional approaches to mental health follow "highly consensual norms" about gender stereotypes. Mentally healthy women are seen as submissive, dependent, less adventurous, easily influenced and impulsive, sensitive, emotional, conceited about their looks, and so on. Departures from this stereotype are most likely to be seen as illness.

Chakraborty, A. (1967) "A Critique on the Concept of Mental Health", *Indian Journal of Psychiatry*, 9 (3) pp. 192-202.

After examining the definitional variations of the concept of 'mental health' in available literature, Chakraborty questions the implications of widely accepted notions of adjustment and happiness as indicators of mental well being. She also notes the self-serving motivations of professional definitions of mental health.

Debate on the Hysterectomies Performed on Mentally Retarded Girls in Shirur, Maharashtra, (1994) *Lawyers' Collective*, March.

Dhanda, A., (1984) "The Mental Health Bill of 1981. A New Deal for the Mentally Ill", *Supreme Court Cases Journal* 2, pp. 8 - 19.

Amita Dhanda has been writing over the last decade on the shortcomings of the currently operative Mental Health Act. Definitional problems about 'mental illness', the narrow scope of the bill, and the issues raised by the legislative code on confinement are discussed in this paper.

Dhanda, A. (1987) "Mental Health Law and Policy: Need for Co-ordination". In P. Mane and K. Gandevia (eds.) *Mental Health in India: Issues and Concerns*. Bombay: TISS Publications.

Dhanda, A. (1987) "The Plight of the Doubly Damned: The Mentally Ill Women in India". In P. Leelakrishnan (ed.) *New Horizons of Law*, 409.

Other than treating issues of gender bias in the mental health sciences, the paper surveys discrimination against women in areas of confinement and release from mental institutions sanctioned by law. The paper shows how the ineffectiveness of gender justice in the mental health domain only furthers social discrimination against mentally ill women.

Dhanda, A., (1987) "Rights of the Mentally Ill - A Forgotten Domain". In U. Baxi (ed.) *The Right to be Human*. New Delhi: Lancer International.

Dhanda, A., (1990) "A Plea for a Distinct Legal Regime for the Mentally Handicapped", *Vatsala Darpan*, 1, (2), pp. 13-15.

The paper focuses on the recent delinking of mental handicap from the purview of the Mental Health Act, showing how this has led to a denial of all rights of the handicapped. The paper stresses the need for formulation of required legislation for the mentally handicapped.

Gartell, N., Kramer, H. and Brodie, H.K.H. (1974) "Psychiatrists' Attitudes toward Female Homosexuality", *Journal of Nervous and Mental Disease*, 159 (2) pp. 141- 144.

The study records the positive attitude of psychiatrists towards male and female homosexuality.

Henry, E.O. (1977) "A North Indian Healer and the Sources of His Power", *Social Science and Medicine*, 11 (5) pp. 309-317.

Hudson, D. (1987) "You Can't Commit Violence Against an Object: Women, Psychiatry and Psycho-surgery". In Hanmer J. and Maynard, M. (eds.) *Women, Violence and Social Control*. London: Macmillan Press Ltd.

Ingleby, D. (1982) "The Social Construction of Mental Illness". In P. Wright and A. Trencher (eds.) *The Problem of Medical Knowledge: Examining the Social Construction of Medicine*. Edinburgh: Edinburgh University Press.

"... I shall argue ... that there are systematic inconsistencies and injustices in the use of psychiatric concepts, and that these directly reflect *political* contradictions in the society in which they are deployed. In other words, that though the notion of 'mental illness' *does* have some valid applications, it is routinely used in an illogical and mystifying way; and that these lapses, so far from being simple errors, are fundamental to its use in the service of the modern state and of the professions that maintain order within it".

Johnson, T.M. (1987) "Premenstrual Syndrome as a Western Culture - Specific Disorder", *Culture, Medicine and Psychiatry*, 11, pp. 337-356.

The paper studies the syndrome from the sociological perspec-

tive, arguing that it is a way that women adopt to unconsciously resolve the conflicts that women continually face between their domestic functions and career responsibilities.

Kaplan, M.J. Winget, C. and Free, N. (1990) "Psychiatrists' beliefs about gender-appropriate behaviour", *American Journal of Psychiatry*, 147, pp. 910-912.

Kaufman, G., Jr. (1992) "The Mysterious Disappearance of Battered Women in Family Therapists' Offices: Male Privilege Colluding With Male Violence", *Journal of Marital and Family Therapy*, 18, (3) pp. 233-243.

Maynard, M. (1985) "The Response of Social Workers to Domestic Violence". In J. Pahl (ed.) *Private Violence and Public Policy*. London: Routledge and Kegan Paul.

McGrath, G. and Lowson, K. (1986) "Assessing the Benefits of Psychotherapy: The Economic approach", *British Journal of Psychiatry*, 150, pp. 65-71.

Prabhu, G.G., et. al.(1984) "Public Attitudes Toward Mental Illness. A Review". *NIMHANS Journal*, 2 (1), pp. 1-14.

Report, (1992) "United Nations General Assembly Adopts Principles for Policy on Mental Health", *International Digest of Health Legislation*, 43 (2) pp. 413-423.

Report on "Women and Institutionalisation" (1995) Coordination Unit, World Conference on Women, Beijing, '95.

The report provides an understanding of a common social ratio-

nality at work in different type of institutions, closed as well as open, including, women's hostels, jails, protective homes or mental hospitals. "Raising concerns of institutionalisation of women required a special but necessary intervention to place on the agenda, issues as invisible as the subject they address. To facilitate involvement of people engaged with different kinds of custodial institutions it became necessary to construct a framework which could bring out the common and specific concerns of institutionalised women. To a large extent institutions house women who have broken social stereotypes, women who have transgressed, those who have not conformed.

Sakai, A (1991) "Psychoactive Drug Prescribing in Japan: Epistemological and Bioethical Considerations", *The Journal of Medicine and Philosophy*, 16 (2) pp. 139-153.

Special Issue on "De-institutionalization", (1989) *Journal of Social Issues*, 45(3) pp. 1-15.

The articles in this issue, by Shadish, Warner, Segal and Silverman, Kennedy, Frank and Goldman, Dill and Rochefort, and finally, Bacharch cover issues in the resocialization possibilities of deinstitutionalization, raising issues about policy, philosophy of care, financing care, and so on.

Spiegel, A.D. and Spiegel, A.M. (1992) "Was it Murder or Insanity? Reactions to a Successful Paroxysmal Insanity Plea in 1865", *Women and Health*, 18 (2) pp. 69-86.

The paper narrates the sequence of events characterized mainly by public outrage, following the acquittal of Mary Harris, a murder suspect, who was defended on grounds of temporary insanity.

Srinivasa Murthy, R. (1993) "Evolution of the Concept of Mental Health: From Mental Illness to Mental Health". In Mane and Gandevia (eds.) *Mental Health: Issues and Concerns*. Bombay: TISS Publications.

Srinivasa Murthy, R. and Dhanda, A. (1993) "Unlocking the Padlock: Mental Health Care in West Bengal". Report of the Supreme Court Commission on Mentally Ill in the Jails of West Bengal.

A public interest litigation against the illegal confinement of non-criminal, and wandering "lunatics" in the jails of West Bengal prompted the Supreme Court enquiry into the status of mental health care of West Bengal. The report prepared by Murthy and Dhanda for the supreme court is comprehensive, giving in sobering detail, the pathos of the mentally ill in prisons, some of them housing predominantly women, their only "crimes" being their poverty, their illness and their social ostracism. The report also details possible remedies within the context of the current community care practice.

The Mental Health Act, 1987.

This replaced the Lunacy Act of 1912. The Act has been recently in force and is an improvement on the older law. It's main drawback is its narrow scope, as it focusses only on institutionalization and commitment procedures.

The National Mental Health Programme, 1982. Government of India.

This is the country's policy document on mental health. It's

salient aspects are tying up mental health care with primary health care and stress on community care.

Urwin, C. (1985) "Constructing Motherhood: The Persuasion of Normal Development". In *Language, Gender and Childhood* (eds.) C. Steedman, C. Urwin and V. Walkerdine. London: Routledge and Kegan Paul.

The article claims that clinically determined ideas of a "normalized" childhood regulates motherhood, and women's choices in mothering. The author argues that this "orthodoxy is not only prescribed through regulatory apparatuses such as those which operate through medicine and social welfare, but also through child care literature which women read of their own volition".

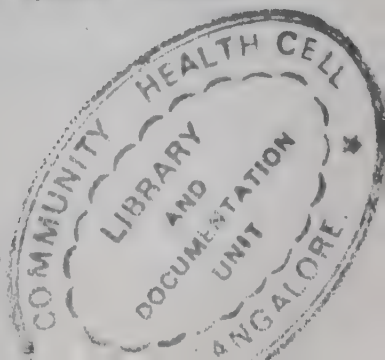
SECTION VI

MADNESS AND LITERATURE

Feder, L. (1980) *Madness in Literature*. Princeton, NJ: Princeton University Press.

In this book, Feder attempts to write "not a history of madness in literature but a study of representative literary explorations of the deranged mind". Considering these within their historical context, she emphasizes the psychological revelations inherent in the continuity, variation and changes in the theme of madness. Feder looks at Sophocles, Aeschylus and Euripides to show that myths of Dionysiac frenzy and remnants of ancient rites retain in literary representations certain symbolic expressions of evolving processes of the human mind. Feder elucidates the ways in which madness appears as a level of psychic experience that produces an enlargement of perception and understanding for the persons or character and hence for the reader, each revealing the unconscious differently. This she does through a reading of Thomas Hoccleve and Shakespeare. She then goes on to examine the attempts at theorizing mental functioning which was almost an obsession in the late seventeenth to mid-eighteenth centuries, emphasizing forms of resistance to these approaches, looking at Robert Burton, Thomas Tyron, Swift, Pope, Anne Finch, Cowper etc.

Felman, S. (1985) *Writing and Madness: Literature / Philosophy/ psychoanalysis*. (tr. M.N. Evans and S. Felman) Ithaca: Cornell University Press.



Felman explores the relation between literature and madness, the ways in which literature and madness are informed *by* each other, in the process of informing us, each, *about* the other. Even as she is asking the question "What is madness?", Felman is concerned less with finding an answer than with undertaking an analysis and problematization of the question itself. "What, indeed, are the cultural implications of the very act of raising madness as a question? When a text refers to madness, "literarily" or "philosophically", rhetorically or theoretically, what is it actually doing? Or even more interestingly, "How does a talk about madness?" complete with its concomitant, "How, within the text itself, is madness *denied*?" Felman discusses works by theoreticians as well as poets like Paul de Man, Foucault, Derrida, Nerval, Flaubert, Henry James, Lacan and Balzac.

Rigney, B.H. (1978) *Madness and Sexual politics in the Feminist Novel: Studies in Bronte, Woolf, Lessing and Atwood*. London: University of Wisconsin Press.

Rigney reads Bronte's *Jane Eyre*, Woolf's *Mrs. Dalloway*, Lessing's *The Four-Gated City*, and Atwood's *Surfacing* to analyze the psychic quest from a feminist point of view. She finds that these novels underline the depiction of insanity in relation to sexual politics and state that madness, to a greater or lesser degree, is connected to "the female social condition". Rigney argues that the language and ideology of orthodox psychology are useless for such a feminist analysis, and finds that one of the few counter ideologies which does apply is that of R.D. Laing. "Laing's revolutionary approach to both philosophy and psychoanalysis can provide at least a terminology, a framework, convenient for feminist protest.... In the absence of any other available and widely recognized authority, then, Laing may serve to

provide a base from which to begin a feminist psychoanalytic approach to literature". The above texts, Rigney feels, present studies of alienated female consciousness in opposition to a male society or to individual male authority figures, as each protagonist rejects the father figure, and embarks on a search for a metaphoric mother. A description of such searches . . . "for the mother within the self, for the feminist consciousness of a sense of self-worth". . . is given in the chapters on these texts.

Yalom, M. (1985) *Maternity, Mortality and the Literature of Madness*. University Park and London: The Pennsylvania University Press.

Unlike some feminist anti-psychiatrists, Yalom does not hold the view that women are driven mad primarily by the patriarchal society. On the other hand, Yalom argues that madness derives from sources that are "completely bio-psycho-social and pertain to both women and to men". Yalom assumes that certain existential facts of life, the most obvious of which are aging and death, are born into each individual, regardless of sex, though she concedes that these "existential givens" are experienced differently by men and women and are so contaminated by gender so early in life that it is often difficult to isolate the "human specific" experiences from the "gender specific". One of the central questions that Yalom dwells into is the extent to which maternity, as option or experience, serves as a catalyst for mental breakdown. A second set of questions concern the etiology of mental illness and in particular, the role of parental absence, sickness or death in the development of a daughter's mental development. A third set of questions concern the relationship between creative women and madness, by examining *Plath The Bell jar*, Marie Cardinal's *La Souriciere* and *Les Mots pour le dire*, and Margaret Atwood's *Surfacing*.

